



Despite crores spent as procurement expenditure, civic staff say some aren't provided something as basic as a broom

BROOM BUST

'Rs 692.30 lakh set aside for sweeping equipment'

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We are told that the Bruhat Bengaluru Mahanagara Palike (BBMP) has been spending not lakhs but crores of rupees every year towards procuring personal equipment, bleaching powder, sweeping equipment, gang work tools and such, to create a conducive working atmosphere for the pourakarmikas. The average annual budget for procurement expenditure amounts to roughly Rs 15 crore.

In the latest of such steps, BBMP executive engineer for solid waste management, Dasappa Hospital Building, has issued a tender inviting bidders to supply personal protection equipment at an estimated cost of Rs 423.40 lakh for the pourakarmikas working in eight zones of the BBMP.

However, many pourakarmikas said they were not able to convince the authorities to supply even the most basic of equipment required such as brooms. "It has become a routine for the BBMP to float tenders every year. Many pourakarmikas are not getting brooms and hand gloves from the BBMP," said BBMP Pourakarmika Sangha president M Nirmala.

Pourakarmikas said the BBMP used to deposit around Rs 300 each in their bank accounts once in a year. "I need two brooms per



"It's a routine for BBMP to float tenders every year. Many pourakarmikas are not getting brooms and hand gloves"

— M Nirmala, president, Pourakarmika Sangha

month. The durability of the brooms depends on the length of the road being swept on a daily basis," said Chandrakala R, a pourakarmika.

The civic staff want the BBMP to deposit money in their bank accounts to buy brooms on their own. "The brooms supplied by the contractor were not good.

They were short and did not last long," said Munirathna, who has been working as a pourakarmika for five years.

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Pedestrians progress

Traffic police visit various spots to glean challenges and derive solutions as they interact with citizens



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The west division traffic police have been conducting a drive for the past one week. Beat police personnel are visiting their respective areas, and for a stretch of one to one and a half kilometres, they are observing and discussing with members of the general public to glean possible means of streamlining traffic and making the stretch further pedestrian friendly.

"Earlier, we used to get complaints from citizens and road users stating there are footpath and road encroachments by hawkers besides complaints of obstructing structures or parking of vehicles at no parking zones or sometimes even double side parking. We visit such places after a complaint is registered, remove obstructing structures, wrongly parked vehicles or encroachments. Now, it is one of the duties of beat cops to go to their specified areas, observe and study a particular stretch — about 1 to 1-1/2 km and make a list of changes that need to be carried out so that traffic and pedestrian movement are streamlined on that stretch," said Kuldeep Kumar Jain, deputy commissioner of police (DCP), west traffic division.

During these drives, as soon as violations are spotted, immediate action is initiated — removing obstructing structures, shifting footpath hawkers, towing of abandoned vehicles and wrongly parked vehicles,

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PIC FOR ILLUSTRATIVE PURPOSES ONLY

3 THINGS TO DO



01 An evening of art

Pracheen Kala Kendra, Chandigarh in association with Indian Council for Cultural Relations and Bharatiya Vidya Bhavan, Bengaluru Kendra proudly presents "Utsav Karnataka 2022". The event promises to be a memorable one with noted musical and dance artistes performing, and you can join with your family for an evening worth remembering. **Where:** Khincha Auditorium, Bharatiya Vidya Bhavan, Race Course Road **When:** June 4 and 5, 5:30 pm onwards



02 Cinema of Excess, live

Cinema of Excess, an acoustic trio made up of singer-songwriter Anirudh Ravi, guitar player Bharat Kashyap, with Abheet Anand on bass, is all set to perform live. Their sound is influenced by artistes such as Iron and Wine, The Milk Carton Kids, John Mayer and Jack Johnson, and with Anirudh's impeccable writing style and vocal delivery, the band has carved a niche of their own over the years. Besides being a tasteful blend of rhythm, melody, and poetry brought together with acoustic fingerstyle wizardry and warm basslines, their music beams one up to a different world. **Where:** Windmills Craftworks, Whitefield **When:** June 3 & 4, 9:30 pm onwards **Entry:** Rs 500 onwards, 8880233322

03 Journey of the soul

Check out a special art exhibit called 'Jab Rooh Ne Parwaaz Ki' (When the soul took off) by artist Badrunissa Irfan. The art does not just speak the language of her heart but also brings forth her unforgettable life experiences. It also brought her closer to herself and aided as a stop in the journey of life at a bright and colourful place. Through the unique collection, the viewers will get an opportunity to appreciate nature's beauty. **Where:** Galleria, 8th floor, UB City **When:** June 1 - June 30, 5:30 pm



Bout of sneezing? Blame it on the allergy season

Southwest monsoon is here and so are respiratory allergies; doctors say stay away from damp places and maintain hygiene

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With the southwest monsoon officially entering the city on Tuesday, it's that time of the year again. But while you can be prepared for cool winds and showers, do remember that monsoon brings in respiratory allergies like rhinitis and asthma, and doctors are already on alert.

The return of allergies in monsoon is because of the spores of fungi, pollen of plants that are released into the atmosphere and thriving of house dust mites due to increased humidity. Dr Darshana Reddy (Consultant - Internal Medicine, Altius Hospital) said, "As monsoon is the season of pollination for many weeds including parthenium, it is usual for pollen-sensitized persons to face difficulties during June to September."

According to her, cloudy weather with an increase in relative humidity indoors enables the growth of dust mites and moulds due to lack of adequate sunlight, increase in dampness and condensation indoors. As a result, most patients dread this season even when their symp-



At Jai Bharat Nagar, Banaswadi, on Tuesday, a sudden spell of rain caused the main road to be flooded. Motorists and drivers had to navigate the route with great difficulties

Monsoon ahead of its schedule: Met Department

Ahead of its regular schedule, the southwest monsoon has entered Bengaluru. Usually, the monsoon clouds cover the city around June 5 but this is the first time in recent years when the clouds covered the state capital on May 31 itself. According to the Met report,

the northern limit of monsoon (NLM) now passes through Karwar, Chikkamagaluru and Bengaluru. The conditions are now favourable for further advance of southwest monsoon into some more parts of Karnataka in the next two to three days.

toms are mild to moderate because of the reduced quality of life, frequent absenteeism at work, poor concentration and work performance.

Besides this, one needs to be careful about flu and common cold also, especially among children. According to Dr Sreedhara MS (Consultant Neonatology &

Pediatrics, Rainbow Children's Hospital, Hebbal), "The beginning of monsoon season often causes an increase in childhood infections. A flu virus may spread from child to child through sneezing or coughing. The virus can also live for a short time on surfaces and can also be passed through common utensils."

Pointers to note

- Keep the house well ventilated
- Open the doors, windows and vents during sunny hours
- Wash clothes in hot water
- Avoiding drying clothes indoors
- Ensure walls are as dry as possible
- Clean carpets, soft toys, cushions
- Clean filters of air conditioners and air purifiers

A child can get infected with a flu virus by touching something that was touched by an infected person, and then touching his or her mouth, nose, or eyes. Another noticeable problem among kids could be a common cold which is a viral infection of the upper respiratory tract. Although more common during the winter months, they can occur year-round. The disease is typically mild in severity and can last for one to two weeks, he added.

What is particular to Bengaluru is parthenium pollen which aggravates people, explained Dr P Jagadeesh Kumar (Consultant Pulmonologist, Apollo hospitals, Seshadripuram).

"The other trigger could be dust and pollution. Hence, patients with underlying lung disorders should follow common practices like changing bedsheets, curtains, remove dust from fans and ACs etc.

These patients should use their inhalers regularly. For elderly and comorbid, it is recommended to take their Covid, influenza and pneumococcal vaccines."

Mission: Advocating for a tobacco-free B'luru

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On World Anti-Tobacco Day on May 31, a three-weeks-old public collective drive concluded with activists displaying thousands of cigarette butts and bidi stubs from public places all over the city.

For the major part of May, NSS volunteers, citizens and civil society organisations have been picking up these stubs in a bid to expose rampant public smoking in the city and all the butts were collected in a big glass jar and placed on display at NIMHANS.

The campaign led by Consortium for Tobacco-Free Karnataka and its coalition partners collected butts from public places in different parts of Bengaluru like Jayanagar, JP Nagar, KR Market, Tumakuru Road, MG Road, Shivajinagar, Chamrajpet, Sampangirama-nagar and Rajajinagar.

Activists are calling for an amendment of the principal law that governs tobacco control in India -- Cigarettes and other Tobacco Products Act 2003 (COTPA).

As per the act, smoking in public places, direct and indirect tobacco advertising, sale of cigarettes or other tobacco products to persons below the age of 18 years and sale within 100 yards of any educational institution, is banned.

"COTPA is not strong and comprehensive to cover all the issues related to tobacco control. We need 100 per cent smoke-free public places," said oncologist Dr Ramesh Bilimigga, who is also the President of the Consortium for Tobacco-Free Karnataka in a statement.

In the larger interest of the society, we have to amend the Act and as a parliamentarian, I will work towards it, added Bangalore Central MP, PC Mohan in a statement.

Convenor, Consortium for Tobacco-Free Karnataka, SJ Chander, added that through



Palike hangs banners on autos on World Anti-Tobacco Day

the campaign, activists collected around 25,000 butts.

"We found that public smoking mostly happens at the point of sale and vendors should be held accountable. The COTPA should be amended to tighten public smoking. Even police officials are urging increasing the fine. In Kerala, the Rs 200 fine has to be paid over 200 days at the police station."



'I yelled at them to run to safety, but it was too late'

Construction worker who saw 4 colleagues get crushed by crashing portico relives horror; accident claims 1 life

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Tuesday would be forever etched in the minds of these construction workers. Five of them arrived at St. Martha's Hospital in the wee hours to continue work at a portico they were building. After shifting a few bags of cement to the rooftop of the portico, the men were relaxing under the portico, when the whole thing came crashing down. Within a few seconds, most of them were trapped under debris. The crash left one among them dead and three injured.

Rajasab (top pic), one of the construction workers, who escaped in the nick of time, told Bangalore Mirror, "I had a bad feeling while waiting under the portico as I happened to notice a few bolts of the steel frame come out. Immediately I yelled to the others to run for safety but it was too late. The ceiling of the portico came crashing and four of my colleagues were trapped under debris. I managed to escape."

Rajasab, who hails from Gudiyal village in Raichur, and stays in a makeshift hut, said he alerted hospital staff members as well as the families and relatives of those trapped. "All of us left our homes at Madiwala at 5.30 am as we wanted to complete the assigned work as early as possible. But I never thought most of us would end up in hospital," he said.

According to him, Chand Pasha, Mounesh, Mohammed Rafi and Basava were trapped under the debris. Of these, Basava succumbed



PICS: KAUSHIK JN

Fire and Emergency Services personnel during a rescue mission at the Martha's Hospital after an under-construction portico crashed on Tuesday

Contractor, hospital authorities booked

After the death of a labourer at St. Martha's Hospital on Nrupathunga Road, the Halasuru Gate police have taken up a case of accidental death due to criminal negligence and have booked the contractor and the hospital authorities for not providing safety gear and/or not following safety guidelines or precautions for workers. The police are inquiring about other workers at the construction site.



to his injuries around 1.20 pm.

Three Fire and Emergency Services rescue vehicles from High Grounds Fire Station, Bengaluru South Fire

Station and Rajaji Nagar Fire Station were rushed to the spot. The personnel used an earth moving machine to lift debris but in vain. Later, they

used a vehicle to lift the concrete and rescue the trapped workers.

"Three rescue vans arrived here but the number of firemen is far

below the actual strength as per the Fire Safety Training Manual. Three vehicles should have 12 firemen but only seven firemen were available for this operation. The irony is that number of officers was more than the firemen at this operation," said a fireman pleading anonymity.

St. Martha's Hospital Public Relations Officer Anto Deol said the unfortunate accident occurred at the site of the ongoing Out Patient Department (OPD) portico renovation. "Four of the contractor's employees were involved in the accident. They were removed from the site of the accident by the prompt action of fire and police personnel. Of the four, one was found to have minor injuries, the second had a fracture in his leg. They are both admitted to St. Martha's Hospital and their treatment is ongoing," said Deol.

He said two workers were found to be critically injured and one has been revived. "The fourth worker was found to be unresponsive at the accident site. We are extending support to them and their families," he said.

Health check-up for city's flyovers soon

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The Bruhat Bengaluru Mahanagara Palike (BBMP) has finally decided to check the 'health' of city's flyovers. In the last few years, three flyovers-the Peenya flyover (constructed by National Highways Authority of India), MES flyover (constructed in partnership with railways) and Sumanahalli flyover (constructed by BDA) have exposed the poor quality of flyover constructions.

While the Peenya flyover is still blocked for heavy vehicles, the Sumanahalli and MES flyovers have been fixed temporarily. There has

been intense pressure on BBMP to do an audit of quality of the flyovers constructed and maintained by it.

BBMP Special Commissioner (Project) PN Ravindranath said, "We have decided to audit the safety aspect of all the flyovers in the city. This audit will check parameters such as the safety, strength, structure quality and maintenance. We had outsourced a similar audit to a consultant in 2019-20 for which the report was submitted in September 2020. That report had mentioned that all the flyovers are safe." However, with the recent rainfall, building collapse and Peenya flyover incident, BBMP is now going for the second audit.



The Peenya flyover is still closed for heavy vehicles

According to BBMP sources, 66 flyovers or grade separators have been constructed either by BBMP or BDA. A few of the grade separators in the city are close to two to three decades old

and safety audits of these flyovers need to be taken up on priority basis. Experts say that BBMP should go for a non-destructive test (NDT) of the flyovers by testing dynamic and static loads. NDT

should be known to assess the deflection, oscillation, vibrations and other parameters. Some flyovers in the city (like the KR Puram flyover or the BEL circle grade separator) also have small trees growing out of them.

Experts also suggest that BBMP put the onus on the contractor if it has been constructed poorly. "There should be a mechanism where the construction materials should be tested in a certified lab to ensure if all the safety parameters are followed," said an expert.

Badly maintained

Experts say that Peenya flyover is a classic example of how poorly constructed flyovers can result in traffic

Wrong IFSC code delays compensation

After the recent rainfall, BBMP has been distributing Rs 25,000 as compensation to the households affected by rainfall. However, it has not been able to pay 297 families yet. Reason-BBMP says that the family has given wrong IFSC code and account details. Ravindranath said, "Following the rainfall damage assessment, 3,453 buildings were identified as damaged. So far, we have paid compensation to 3,156 households. The rest 297 are pending due to wrong IFSC code and account numbers. Hence, we have taken up one more round of survey to get the exact details."

congestion when blocked. In fact, Chief Minister Basavaraj Bommai had admitted that 'sub-standard materials were used in the construction of the said flyover.

What stinks & is flooded? Cantonment's underpass

Overflowing sewage from manhole adjacent to railway track forces citizens to walk on the road; authorities continue to be apathetic, they complain

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The problem of overflowing sewage at Cantonment Railway Station's railway underpass is not a new one. Despite pedestrians and motorists complaining repeatedly to the authorities, civic heads continue to turn a blind eye and a deaf ear.

According to autorickshaw drivers and residents on Millers Road, overflowing sewage from a manhole constructed adjacent to the railway track is a routine issue that is equally nauseating.

They said that they complain to the railway authorities whenever sewage overflows onto the footpath and road and finally stagnates under the railway underpass but the latter fails to fix this problem.

"Stagnated sewage under the railway underpass has become a nuisance and a health hazard. It is difficult to cope with the odour emanating; I do not know what prevents the authorities from fixing this problem on a permanent basis," said Narayana Swamy, an autorickshaw driver.

Though the footpath is not being used by many pedestrians, flowing of sewage onto the footpath compels pedestrians, who want to walk on the footpath to reach the nearby BMTC bus stop or Cantonment Railway Station, to walk on the road, thus making them vulnerable to speeding vehicles.

"Autorickshaws and two-wheelers come at high speed from Millers Road towards Cantonment Station and other areas. It is dangerous for pedestrians to walk on the road at the curve near the underpass. I want the authorities concerned to make



The manhole constructed adjacent to the railway track is in dire need of unclogging, but authorities remain immune and commuters are left to fend for themselves



the footpath pedestrian-friendly," said Ashok R, a resident.

A few motorists blamed the railway authorities and Bangalore Water

Supply and Sewerage Board (BWSSB) for sewage flowing on the road frequently.

"I notice sewage flowing onto the road frequently. It is not new here. We have been complaining but the problem remains a recurring problem. I do not know when the authorities will find a solution to this issue on a permanent basis," said Shanmugam, an autorickshaw driver.

A few BMTC commuters waiting near the bus stop also complained about the bad odour emanating from overflowing sewage.

"I demand the railways and the BWSSB authorities to hold a meeting for a permanent solution to this problem. The BBMP authorities are trying to project Bengaluru as a

It is really difficult to bear the odour emanating from the sewage

— Narayan Swamy, an autorickshaw driver

clean and neat city but the railway and the BWSSB authorities are not cooperating with the BBMP. It will help pedestrians, motorists and BMTC commuters if the sewage issue is fixed," said Sangeetha A, a BMTC commuter.

Meanwhile, Cantonment Railway Station Master K Vijay assured that they would look into the matter. "We have heard this problem recently. I am not aware of sewage overflowing onto the road. I will look into the matter," said Vijay.

BBMP in more trouble over pothole deadlines

The High Court of Karnataka on Tuesday warned Bruhat Bengaluru Mahanagara Palike (BBMP) officials of contempt proceedings if court orders on filling up potholes in the city were not followed. The court was hearing petitions against the civic agency for failing to fix potholes. It observed that despite the onset of the monsoon, the BBMP has failed to fill the potholes and there was a need for strict action against its officers.

The BBMP has failed to complete filling up the potholes despite the court granting repeated deadlines, the High Court said, adding that it would no longer accept the BBMP's excuses on the issue. Advocate for BBMP sought time till June 6 and submitted that there was a dispute regarding the cost of filling pot-



Potholes continue to mar the city's roads and despite repeated warnings by the High Court, BBMP has missed deadlines

holes, which was being resolved and the advice of National Highways Authority of India (NHAI) was being

sought.

The court ordered positive action from the BBMP and adjourned the

hearing to June 6. The petition dates back to 2015 and various civic agencies including BDA, BESCOM and BMRCCL are also respondents.

During the hearing of the petition on Tuesday, the advocate for American Road Technology Solutions, one of the respondents, submitted that the chief engineer of BBMP BS Prahlad punched and assaulted the company's managing director during a meeting.

The company told the court that the firm has sent a complaint to the BBMP commissioner over the assault. The court was also told that bills pertaining to the filling of potholes was not yet paid to the company. The court has asked for the BBMP Commissioner to file an action taken report against the chief engineer. — PTI

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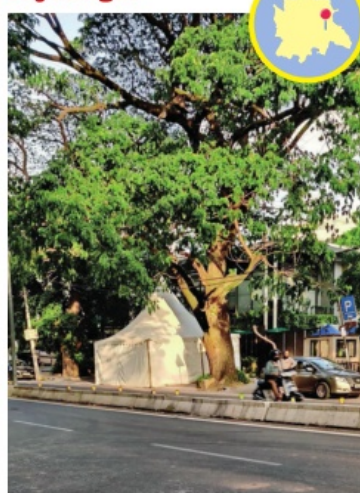
Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Transformer hazard Jayanagar



This new transformer at the corner of 41st Cross and 9th Main, 5th block Jayanagar, has been installed by a shop. Children are in danger and there is possibility of a vehicle hitting it. BESCOM must take action.

Save the footpath Jayanagar



Someone near Vijaya Composite PU College, Jayanagar, has blocked the footpath and installed a canopy for his cars.

Road roller menace Horamavu



On John Paul II Church Road, Kalkere Channasandra, Horamavu, a road roller is being used to level the road. Whenever the roller moves, houses vibrate, windows shake. Is this safe?

Who tampered with CCTV at KSHDC's head office?

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Karnataka State Handicrafts Development Corporation (KSHDC) Managing Director D Roopa Moudgil is in the news again. Moudgil has shot off a letter to the State Chief Secretary complaining against KSHDC Chairman Belur Raghavendra Shetty for what she claims was wilful tampering of the CCTV camera and its recorder at the KSHDC Head Office.

"The CCTV and the DVR are not working. The damage caused is yet to be ascertained. An unknown

person tampered the CCTV and the DVR belonging to the government is an offence as per the Information Technology Act. I am bringing to your notice about the Chairman being involved in the tampering with CCTV and DVR for his benefit by an unknown person," said Moudgil in a letter to the State Chief Secretary.

According to the letter, the KSHDC Chairman instructed NH Murthy, an attendant at the KSHDC Head Office, to come to the office at 8.30 am on May 27 and open the door. It alleges that an unknown person accompanied by the KSHDC Chairman enquired with Murthy about the CCTV and the DVR. "Murthy, in a letter, explained to me how

the person did something to the CCTV and the DVR in the presence of the KSHDC Chairman," she said in the letter.

It is said a police constable on May 25 pasted a summons copy from JMFC Court, Sirsi on the door of the office of the KSHDC Chairman directing him to appear before the court on June 10, 2022. It is alleged that the KSHDC Chairman

KSHDC chairman behind tampering of CCTV camera at office: Roopa Moudgil alleges in letter to Chief Secy

mistook that the KSHDC Managing Director was behind the pasting of the summons copy on the door.

According to the KSHDC Managing Director, a General Manager (Finance), who was dismissed for his involvement in Rs 25-crore scam in 2018-19, has been trying to get reinstated through the KSHDC Chairman. "Kishore Kumar, the dismissed general manager for finance, has told me to put a proposal in the Board Meeting to reinstate him. He told me the KSHDC Chairman would pass the proposal. I did not oblige him," the KSHDC Managing Director said, adding that the Chairman is not authorised to interfere in day to day affairs of the KSHDC ex-



A police constable from Sirsi pasting a court summons copy

cept in matters that come for discussion during the Board meetings.

She said KSHDC has registered Rs 23.82 crore as turnover during the financial year 2021-22 as against the turnover of Rs 17.11 crore turnover registered in 2020-21.

Oxygen red alert in our lakes

KSPCB collects samples from Mahadevapura lake, finds its dissolved oxygen level is untraceable; other lakes fare no better

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Thousands of fish were found dead at Mahadevapura lake after a heavy downpour in the city on May 3. Post the incident, the Karnataka Pollution Control Board (KSPCB) collected water samples from the lake to analyse the cause. As per the report, the dissolved oxygen (DO) level in the waterbody was 'untraceable'.

"Oxygen level after testing was found to be 'below detection level', which implies there was no oxygen for aquatic life such as fish to breathe," said a KSPCB official.

KSPCB has now issued a notice to Bengaluru Water Supply and Sewerage Board (BWSSB) stating the cause. According to the officials, BWSSB has not maintained the stormwater drains (SWDs) in the area. Action should be taken to ensure sewage is diverted to underground drainage (UGD) connections.

However, it turns out that Mahadevapura lake is not the only one recording hypoxic zones. Low DO levels have been recorded in multiple city lakes recently – a trend driven by factors such as high temperature and excessive organic matter flowing in, say the experts.

When a researcher from the Ashoka Trust for Research in Ecology and Environment (ATREE) analysed water samples from Jakkur lake a few days ago, DO values turned out to be zero.

"We conducted DO profiling of Jakkur Lake at every 100 m and discovered hypoxic zones. For a water body to support life, the DO value should be above 4 mg/litre. A value under this creates a hypoxic condition. This can be due to various reasons, including a high amount of organic matter being diverted," said Priyanka Jamwal, fellow at the Centre for Environment and Development, ATREE.

The organic matter discharge standard set by the Central Pollu-

tion Control Board (CPCB) is 30 mg/litre of Biological Oxygen Demand (BOD). However, the untreated wastewater has a BOD of 250-300 mg/litre. While many lakes in the city, including Jakkur, have Sewage Treatment Plants (STPs) to recycle the wastewater before releasing it into the lake, low oxygen levels even in these water bodies are alarming.

"Even the lakes with STPs are recording zero DO values. This is because our STPs are not designed to remove nutrients completely. To do that, we must look at nature-based solutions such as constructed wetlands, floating islands, etc. with design principles. However, maintaining these interventions is equally important. For instance, Jakkur lake has a constructed wetland too. However, the oxygen level dropped down as it was not functioning efficiently," added Jamwal.

According to freshwater ecologists, the water bodies of Bengaluru are also receiving a lot of nutrients such as Nitrogen and Phosphorus, which is another cause of concern.

"High amounts of nutrients lead to algal growth, further impacting DO level. The amount of DO is also a function of temperature. Higher temperature reduces the oxygen level in the water. Moreover, as the inflow contains a huge amount of organic matter, the microorgan-

isms' oxygen demand rises, leading to high BOD," explained Jamwal.

She added that the DO value from samples gathered during early morning hours shows the real picture. Results obtained from samples obtained during afternoons can be misleading due to high photosynthetic activity inside the waterbody.

Experts say lakes should be de-

High amounts of nutrients lead to algal growth, which also impact DO level. DO is also a function of temperature

—Priyanka Jamwal, ATREE

signed with sluice gates at inlets and outlets to release water at regular intervals, especially during heavy rainfall and flood-like situations to avoid an overflow of sewage.

"Lakes are also made for stormwater management and should be designed as a flood mitigation measure. Every lake should have sluice gates to control inflow and outflow of water. Citizen groups can play a role by taking the responsibility to operate the gates when required," said V Ramprasad, co-founder of Friends of Lakes.



DO profiling of Jakkur Lake threw up dismal results

IN BRIEF

Nigerian held, MDMA, cocaine recovered

The Narcotics wing of the CCB on Tuesday arrested a Nigerian national and recovered MDMA and cocaine worth Rs 8 lakh from him. The accused Okoyo was caught redhanded while he was waiting for his clients to deliver the drugs on Banaswadi main road. The police recovered 60 grams of MDMA crystals and 6 grams of cocaine from him. Investigations revealed that the accused had come to the city three years ago on a business visa and since then peddled drugs. He would source the drugs from his contact in Mumbai and sell it to his clients between Rs 8,000 and Rs 10,000 per gram. The accused has been booked under the NDPS Act and has been taken into custody to probe about his network.

Summons to DKS in money laundering case

A Delhi court here on Tuesday issued summons to Congress' Karnataka unit President DK Shivakumar and others in connection with a 2018 money laundering case.

The charge sheet in the case was filed by the Enforcement Directorate before the Special Judge Vikas Dhull of Rouse Avenue Court. Taking cognisance of the charge sheet filed by the central probe agency through Special Public Prosecutor Nitesh Rana, the court directed Shivakumar to appear before it on July 1.

The seven-time MLA was arrested by the ED on September 3, 2019 and was granted bail in October 2019 in the case. The central agency had registered a money laundering case against him, Haumanthiah, an employee at Karnataka Bhavan in New Delhi, and others for alleged offences under the Prevention of Money Laundering Act (PMLA).

—IANS

No room for brooms

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They said that many of them have to use plastic mats or gunny bags to collect dry waste or dust from the roads. This correspondent noticed a few pourakarmikas shifting dry waste by using a plastic mat at a traffic junction near Air Force Command Hospital.

"We have no other option than to use the plastic mat. The health officer has not supplied pushcarts. No one is bothered about the difficulties in collecting waste from the roads," said a pourakarmika on the condition of anonymity.

The BBMP went shopping for one lakh jumbo bags in June 2019. Bangalore Mirror published the story - BBMP goes

shopping for one lakh bags, quietly - on June 8, 2019. However, there has been no scrutiny by the BBMP health department on the status of the jumbo bags.

Meanwhile, BBMP special commissioner for solid waste management Dr Harish Kumar K said the civic body has been depositing money in pourakarmikas bank accounts to purchase brooms.

"We have floated a tender to supply sweeping equipment to 18,000-odd pourakarmikas, including those on regular roles. The tender process is in the final stages. We will make arrangements to supply the sweeping equipment. We are taking all measures for the welfare of pourakarmikas," said Dr Kumar.

It seems the civic body is now focusing on disinfecting areas that are visited by very important persons.

Usually, the BBMP health department engages pourakarmikas to disinfect areas that are scheduled to be visited by important personalities by spreading bleaching powder. The BBMP has decided to allocate Rs 70.10 lakh for procuring bleaching powder this year.

The civic body also wants to spend Rs 692.30 lakh for procuring sweeping equipment for pourakarmikas alongside Rs 319.70 lakh for procuring gang work tools and other equipment. The corporation is all set to zero in on the suppliers to supply bleaching powder and sweeping equipment.

Traffic tweaks in west division

CONTINUED FROM PAGE 1

alongside an increased focus on visibility of road signages and signals.

The drive has been ongoing for five days across all traffic police stations in the west division (traffic). Each station house officer (SHO) has been directed to instruct their social media technical team, to post online, whatever changes they have made.

From each station, at least an assistant sub-inspector, sub-inspector or inspector visits a stretch and spends some time at a junction studying the density of traffic and pattern of pedestrians using the junction,

both during peak hours and non-peak hours. The officers then discuss with the members of the public at the junction, and gather suggestions from them about changes.

For example, at a traffic junction, there is a signal; police spend about half an hour at the junction and observe if the signal is serving its purpose. They also take note of pedestrians - whether they are having sufficient time to cross the road or have to wait for a long time to cross.

"At the P&T Junction in Vijayanagar traffic police station limits, there is a cycle of a three-minute signal - the pedestrian can

cross the road only after these three minutes have passed. So we thought that rather than having pedestrian crossing after three minutes we can have it after 1-1/2 minutes for 10 seconds and another 10 seconds after another 1-1/2 minutes so they don't have to wait so long," Jain said.

"When a traffic police inspector visits a spot, he gets to meet coordinators, civilians who are aware and vocal about specific traffic issues plaguing particular junctions. All the inspector has to do is to find a solution and implement it so that everyone is happy. We have covered a good number of stretches," he added.

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I, SAGAR MADHUSUDAN BAHETI s/o Madhusudan Baheti R/o B-1103, Pride Enchanta, Mysuru Rd, Deepanjalinagar, Bengaluru 560026, have changed my name to SAGAR BAHETI affidavit dt:31/05/2022 notary K.V. Mani, B'luur.

I Mubashira Badhrudhin W/O, Mohammed Ali Vadakkil Koya R/o #5, 11th A Cross, 1st Stage, 3rd Block Hbr Layout, Bengaluru 560043 have changed my name to Mubashira Veluthedath Badhrudhin

I Rhea D/O, S M Jayaraj R/o 17 Poojappa Layout Gnr Garden Chelekke Kalyan Nagar Post Bangalore -560043 have changed my name to Rhea Jayaraj for all purposes.

I Ravikumar Rao H M S/O, Mukundh Rao Jadav R/o No 35, 3rd Cross, Muniveerappa Layout, Shampur, Bengaluru 560045 have changed my name to Ravi Kumar H M

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Heart of the matter

It was not covid but heart diseases that claimed more lives in 2020

Sridhar.Vivan
@timesgroup.com

TWEETS @sridharVMIRROR

2020 will remain as one of the worst years in terms of health in the State. Hundreds lost their lives due to the outbreak of covid. It was largely believed that covid was one of the biggest drivers of deaths. However, a report on medical certification of cause of death 2020 published by Registrar General states that only a small fraction people died of covid while cardiovascular diseases continue to be the major contributor of deaths in the State. As per the latest report, 28.9% of people in the State died due to disease of the circulatory system, 10.9% respiratory problems, 9.8 covid, 7.3% due to certain infectious and parasitic diseases, 4.6% due to injury or poisoning.

Analysing the trend, Dr. Pradeep Kumar D (Aster CMI Hospital) said that Atherosclerotic Cardiovascular disease was the leading cause of death in India. An aging population, adoption of western lifestyles and diet, physical inactivity, smoking, a high prevalence of hypertension and diabetes and a genetic predisposition to develop atherosclerosis in South Asians has led to an explosion of heart attacks and strokes in our country. "Indian patients develop heart disease at a younger age and have multiple blocks compared to Caucasians and Chinese. Stress may also play an important role in the occurrence of strokes and heart attacks. Recently, the pandemic also contributed to increased clotting of blood and thereby more heart attacks and strokes," he said.



Dr. Deepak Krishnamurthy (Sakra World Hospital) added that the reason is that as the number of deaths due to infections and starvation reduced, people lived longer and became more prone to lifestyle related diseases. Smoking and air pollution are important risk factors too, in addition to psycho-social stress which is part and parcel of modern life, he said.

Dr. Divya Marina Fernandes (Aster RV hospital) added, "Smoking has increased especially among youngsters post lockdown due to stress of Covid, stress at work or due to loss of work. Alcohol intake is on the rise. This can give rise to conditions like cardiomyopathy (weakness of the heart muscle) leading to heart failure (reduction in the pumping capacity of the heart). During the first and second waves of covid, there was a rise in heart attacks and inflammation (myocarditis), blood clots in the lungs (pulmonary embolism) and heart failure. Regular health checks to monitor blood pressure, sugar, cho-

lesterol and regular exercise is necessary to keep your heart healthy. Simple exercises like walking, badminton, cycling thrice weekly are a good start. Diet rich in fibre and low in refined sugars with adequate protein is very important."

The new group -Codes for Special Purposes consisting of covid deaths accounted for 8.9% of medically certified deaths at a national level. As per registered medically certified deaths, Maharashtra has recorded the highest percentage of medically certified covid deaths with 17.7% in 2020.

Diabetes the silent killer

Around 6.6% of the deaths in the state (10,535) are linked to Diabetes Mellitus. According to the report, in 12 States/UTs namely Lakshadweep (14.4%), Kerala (14.2%), Andaman and Nicobar Islands (11.3%), Maharashtra (10.6%), Goa (9.1%), Assam (8.8%), Karnataka (6.6%), Punjab (6.5%), Sikkim (6.4%), Manipur (6.2%), Tamil Nadu (5.9%) and Nagaland (5.2%); the share of Diabetes

“Smoking and air pollution are key risk factors, in addition to psycho-social stress

—Dr Deepak Krishnamurthy, Sakra

Mellitus deaths to total deaths is more than average of all reporting States/UTs i.e. 5%.

The report classified nine leading cause-groups of deaths constituting around 88.7% of total medically certified cause of deaths. In India, 32.1% died due to diseases of Circulatory System (cardiovascular issues), 10% due to diseases of Respiratory System (like asthma, chronic obstructive pulmonary disease (COPD), pulmonary fibrosis, pneumonia, and lung cancer etc), 8.9 pc Codes for Special Purposes – covid-19, 7.1% Certain Infectious and Parasitic Diseases (Chickenpox, Diphtheria, flu and E. coli etc).

Retd cop's son makes it big, pays it forward

Bellie.Thomas@timesgroup.com

TWEETS @Bellie_Mirror

The son of a head constable in Mangaluru who retired as a Managing Director of Union Bank along with a friend in Hong Kong, who is an operations head at the HDFC Bank, has raised a corpus fund of Rs 1 crore to help educate the children of police families in the state. MB Nair, the retired MD of Union Bank is the son of MN Nair, who retired as a police head constable decades ago in Mangaluru.

Nair was born and brought up at a police quarters in Mangaluru where his father worked. He graduated and moved to Mumbai and climbed the ladder to become part of the top management of a nationalised bank. He then retired as an Managing Director of Union Bank. He and his friend ES Venkat, operation manager of HDFC in Hong Kong, wanted to do something to give back to the children of policemen who lived in police quarters.

They raised a corpus fund of Rs 1 crore and to begin with started with scholarships for meritorious students in Mangaluru. At a small function at the Aloysius College in Mangaluru, scholarships were distributed to meritorious students, where ADGP Law and Order, Alok Kumar and city police commissioner of Mangaluru N Shashi Kumar were invited. The MB Nair and Venkat Endowment Fund was launched in the presence of the three senior police officials including Hariram Shankar IPS.

"Son of a head constable, who stayed in Mangaluru police quarters decades ago, comes forward to provide financial assistance to police children... You need a heart to be generous..." said Alok Kumar. The top brass DG-IGP Praveen Sood also lauded the duo.

BJP faces more heat over textbook revision

The row over textbook revision in Karnataka refuse to die down as the ruling BJP is now in a fix over a fresh issue over the description of social reformer Basavanna, who is revered by the Veerashaiva-Lingayat community.

Prominent seers of the community have urged Chief Minister Basavaraj Bommai to get the description of Basavanna corrected. They have also warned Bommai of protests if the revision is not carried out. The Veerashaiva-Lingayat community is standing firmly

with BJP in the state, and the issue is being considered seriously. Basava Jaya Mruthyunjay Swamiji of Koodalasangam Mutt and Panditaradhy Shivacharya Swamiji of Taralabalu Mutt have warned the state government about revision of the lesson on Basavanna.

Waiting for report

Meanwhile, Bommai on Tuesday said he has sought a report on the row over Mahakavi Kuvempu from the Primary and Secondary Education Minister BC Nagesh. "I will take action based on the report submitted by the education minister. Nagesh has met Adichunchanagiri seer over the issue," he said.

—BMB & Agencies

Seers are urging a correction in the description of Basavanna

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Price hit: GDP growth slows to 4.1% in Q4

Manufacturing shrinks 0.2% vs 0.3% expansion in previous qtr; adviser says inflation pressure to remain

#New Delhi

India's economic growth slowed to the lowest in a year in the first three months of 2022, hit by weakening consumer demand amid soaring prices that could make the central bank's task of taming inflation without harming growth more difficult.

Gross domestic product grew 4.1% year-on-year in January-March, government data released on Tuesday showed, in line with a 4% forecast by economists in a Reuters poll, and below 5.4% growth in Oct-December and growth of 8.4% in July-Sept.

The economy's near-term prospects have darkened due to a spike in retail inflation, which hit an eight-year high of 7.8% in April. The surge in energy and commodity prices caused partly by the Ukraine crisis is also squeezing economic activity.

"Inflation pressures will remain elevated," V Anantha Nageswaran, chief economic adviser at the finance ministry, said after the data release, adding that the risk of stagflation - combining slow growth and high inflation - was low in India.

Rising energy and food prices have hammered consumer spending, the economy's main driver, which slowed to 1.8% in the Jan-March period from a year earlier, against an upwardly revised growth figure of 7.4% in the previous quarter, Tuesday's data showed.

India's government revised its annual GDP estimates for the fiscal



A vendor waits for customers at a vegetable market in Hyderabad

year that ended on March 31, predicting 8.7% growth, lower than its earlier estimate of 8.9%.

The Reserve Bank of India (RBI) this month raised the benchmark repo rate by 40 basis points in an unscheduled meeting, and its Monetary Policy Committee has signalled it will front-load more rate hikes to tame prices.

'Cloud Of Uncertainty'

Economists said the weakening consumer demand and contraction in manufacturing activities were a concern. High-frequency indicators

showed supply shortages and higher input prices were weighing on output in the mining, construction and manufacturing sectors.

Manufacturing output contracted 0.2% year-on-year in the three months ending in March, compared with expansion of 0.3% in the previous quarter, while farm output growth accelerated to 4.1% from 2.5% expansion in the previous quarter, data showed. The rupee's more than 4% depreciation against the US dollar this year has also made imported items costlier.

— Reuters

India, China agree to hold next round of military talks soon

#New Delhi

India and China on Tuesday agreed to hold the next round of the Senior Commanders' meeting at an early date to achieve complete disengagement from all friction points in eastern Ladakh to create conditions for the restoration of normalcy in bilateral ties.

It was the only decision taken at a virtual meeting of the Working Mechanism for Consultation and Coordination (WMCC) on the India-China Border Affairs as there was no concrete forward movement to resolve the over two-year-old standoff in eastern Ladakh.

The Ministry of External Affairs (MEA) said the two sides reviewed the situation along the Line of Actual Control (LAC) in the Western Sector of India-China border areas and agreed to hold the next round of the Senior Commanders' meeting "at an early date".

The previous meeting under the framework of the WMCC had taken place in November while the 15th round of military dialogue was held on March 11.

"The two sides exchanged views on the current situation along the LAC in the Western Sector in Eastern Ladakh," the MEA said.



A strategic highway near India's border with China

The meeting on the lingering row on Tuesday was the first one after Chinese Foreign Minister Wang Yi visited India on March 24 and 25. "They agreed that as instructed by the two foreign ministers, both sides should continue the discussions through diplomatic and military channels to resolve the issues along the LAC at the earliest so as to create conditions for the restoration of normalcy in bilateral relations," it said. "In this context, they agreed to hold the next (16th) round of the Senior Commanders' meeting at an early date to achieve the objective of complete disengagement from all friction points along the LAC in the Western Sector," the MEA added.

— PTI

Kerala HC unites lesbian couple separated by parents

#Kochi

Two young women, who were close friends for long from their school days, got a shocker when their parents refused them to live together, but the Kerala High Court got into the act and on Tuesday united the two. The two are Adila Nazreen, 22, and Fathima Noor, 23, who, for a while, have been working in Chennai. But when they two decided to inform their parents on their decision to live together, strong opposition surfaced and Noor was forcefully taken away by her parents.

But not one to sit back, Nazreen filed a habeas corpus petition before the division bench of

Justices K.Vinod Chandran and C.Jayachandran. When the judges took up the case again on Tuesday, and became convinced that the two wanted to live together, the necessary orders were passed and the two were allowed to live according to their wishes.

The two came into touch when they were students at a school in Saudi Arabia when they were in Class 11 and since then the two have been close and decided to live together. The case took a turn when Nazreen posted a video on Facebook after her partner was once again separated from her and isolated at her parents' house.

— IANS

Centre clears GST dues, releases ₹86,912 cr to states

#New Delhi

The Centre has cleared the entire GST compensation payable till date by releasing Rs 86,912 crore to states, the finance ministry said on Tuesday. Of this, Rs 25,000 crore is released from the GST compensation fund and the balance Rs 61,912 crore is being released by the Centre from

its own resources pending collection of cess. Of the total compensation released, Rs 17,973 crore is towards April and May dues, Rs 21,322 crore towards February-March dues and Rs 47,617 crore is the balance of compensation payable till January 2022.

"The government of India has released the entire amount of GST

compensation payable to states up to May 31, 2022 by releasing an amount of Rs 86,912 crore. This decision was taken to assist the states in managing their resources and ensuring that their programmes especially the expenditure on capital, is carried out successfully during the financial year," the ministry said.

— PTI

Thousands mourn as Moosewala makes final journey

#Mansa (Punjab)

A sea of mourners bid a tearful farewell to popular Punjabi singer Sidhu Moosewala, who was cremated at his native village in Mansa district on Tuesday afternoon.

The body of the 28-year-old singer-politician, who was shot dead on Sunday, was brought to his home in Moosa village amid tight security on Tuesday morning from Mansa civil hospital, where the post-mortem was conducted.

Moosewala's family, including his parents, were inconsolable as they sat

beside the body at their home.

His mother was seen trying to console her husband as people from Punjab, Haryana, Rajasthan and Chandigarh among other places queued up in large numbers to get a last glimpse of the singer.

Moosewala was dressed as a groom. It is a ritual which is followed in the state when a young unmarried man dies. The mother of Moosewala combed his hair while his father tied a red colour turban along with a 'sehra' on his head.

The singer's favourite tractor,



Mourners at Sidhu Moosewala's funeral procession of the singer in Mansa district on Tuesday

which had figured in many of his music videos, was bedecked with flowers for his last ride to a family-owned field for the cremation.

Notwithstanding the scorching heat, mourners joined the funeral procession as Moosewala's father and mother stood on the tractor trolley with folded hands, accompanying their son on his final journey.

The singer's father, Balkour Singh, even took off his turban and held it out in his hands to express his gratitude on seeing the sea of mourners.

Some of his fans wore t-shirts

First arrest in case

According to media reports, Punjab police made its first arrest in the Sidhu Moose Wala murder case on Tuesday. Accused Manpreet Singh was produced before Mansa court today and sent to 5-day police remand. Earlier, Delhi Police Special Cell obtains 5-day custody of Lawrence Bishnoi, in a previous case. He currently is lodged in Tihar Jail.

with Moosewala's picture printed on them.

— PTI



FEEL THE PAIN

Why stress-related illness is so hard to diagnose and how a patient-centred playful approach can help



For at least three decades, researchers have gathered evidence that chronic stress puts pressure on the body to constantly adjust itself to restore physiological stability. This process is known as allostatic load and it creates a cascade of toxic metabolic activities that cause wear and tear on the body.

Allostatic load makes people vulnerable to various types of cardiac, gastrointestinal, endocrinological, immunological, neurological, metabolic and psychiatric problems.

Evidence is emerging to show that psychosocial and economic stressors influence health outcomes. But neither our physicians, nor our health-care systems, have the necessary tools and methods to integrate those social and economic factors into our diagnoses or preventive care.

Here is a personal example: Recently, I called my physician to report mysterious new pains. The thorough investigation and note-taking that followed would have been very useful if I had suffered a specific infection or injury, or if my blood work was imperfect. But I had symptoms that began slowly and were increasing in frequency with covid- and work-related stresses.

The more she pressed for identifying how, where and when exactly my pains had begun, the more I felt guilty about my imprecise condition. When I joked that I just needed a month to hang out with Freud in the Alps, she suggested prescribing antidepressants. Falling back to self-blaming humour: "Maybe this is all psychosomatic," I said.

Stigma of unexplained pains

Far too many people have these experiences. The stigma and implicit biases against those who suffer chronic and unexplained pains (as complainers, malingerers and drug-seekers) are deeply rooted. They are gendered. They are racial, too.

While it is known that stress and social and economic disparities make people sick, physicians do not have the necessary tools to fix those causes of illness. At best, next to medications, they can offer psychotherapy, which remains inaccessible and unaffordable to most. Our health-care system is also unequipped to address the psychosocial determinants of health, which are situational and cultural, so they require more than a clinical approach to care.

Research indicates that there is a lack of trust in the symptoms reported by those who may already be suffering other forms of socioeconomic disparity.

How combative approaches create stigma

Since at least the publication of the first epidemiological study in 1662, we have been trying to predict and minimise causes of mortality. Science and technology are expected to help us win the battle against disease and disability. There is a particular structural worldview that shapes our current medical culture. It takes a combative approach to illness: it fights cancer, opioid epidemics, depression, diabetes and other conditions.

Implicitly, combative cultures value and reward winners. When we praise heroes (for example, 100-year-old people who enjoy active lives), we implicitly turn those who fail to losers. This is how patients and their caregivers co-create stigma and shame associated with chronic illness or even aging.

Fortunately, a shift has begun towards epistemic justice, which recognises culturally appropriate practices and traditional knowledge, and patient-centred health-care practices are emerging. Indigenous leadership in de-colonising health care will accelerate these efforts. For the health-care system to begin acting on those principles, a shift towards more flexible, qualitative and ecological research methodologies is needed.

Why play matters

In 1509, the Renaissance scholar Erasmus wrote *In Praise of Folly* to argue that play is an existential necessity that helps humans confront the inevitability of aging and death by becoming forgetful and carefree (like children).

Different forms of play are offered by therapists or hospices to facilitate communication over difficult or terminal health conditions.

In *Steps To an Ecology of Mind* (1971), anthropologist Gregory Bateson offered play as an experimental space for communication and learning from learning where people can simulate, interpret and evaluate the outcomes of their choices in a framed, but flexible, playground.

Indeed, play is a well-known research tool in developmental psychology, anthropology, economics and military strategies.

In the context of a global drive for digital tracking and profiling of potential causes of illness, my research colleagues and I have recently suggested that play offers an alternative way of approaching research and taking action in this digital ecosystem.

Prescribing play

Twenty per cent of people suffer from chronic pain. What do we do when we cannot "win" the battle against pain? Often, drug prescriptions offer the cheapest and fastest-acting remedies. But they don't always work and the side-effects can be disastrous. This is why consensus is growing among the World Health Organization members to invest in researching alternative ways of care.

In *Homoludens* (1938), historian Johan Huizinga showed that play is a uniquely human tendency to create imaginative aesthetics and rituals that give different meanings to the acts of satisfying biological needs such as shelter, food and safety.

Indeed, play can become a creative and knowledge-generating act. Creative art therapy or

expressive writings can help track and control what causes pain.

Imagine if instead of pushing me to provide precise numbers for the intensity and frequency of my pain, I were allowed to use metaphor and be playful about explaining my symptoms and needs to my physician.

Imagine if the frame of caring for me was a bit more flexible to allow my doctor to prescribe a yoga regime, or help me explore a mindfulness program.

Imagine if clinicians incorporated Indigenous ways of knowing to LISTEN to pain (language, individual, share, teachable moments, engage and navigate).

Imagine if public health officials did not wait until chronic stress made the population prone to illness, and instead invested in happiness policies like those in the Netherlands, the country of Erasmus and Huizinga.

Turning play to action

When knowledge and care are lacking (for example, for women with endometriosis), social media becomes a space for knowledge generation. In *Coping with Illness* Digitally, health and digital communications researcher Stephan Rains illustrates that people connect to communities that offer information and care through shared experiences.

The pandemic illustrated the capacity of social media for generating data about coping with stress. However, if we are to be governed by numbers, we need a playground where we are safe and not passively surveyed. In a real playground, participants are not under surveillance, but are engaged in generating knowledge about psychosocial stressors that make them ill. Platforms such as Patients Like Me provide a blueprint for adding our narratives of stress-generated illnesses and coping strategies.

(By Najmeh Khalili-Mahani, Concordia University, *The Conversation* via PTI)



All problems solved

Dear Coleen

My daughter is in her early 20s and has been dating a really nice guy for a few months. However, I know they send each other naked pictures and I'm worried about her doing this. I tried to have a conversation with her about it and she just screamed that I was invading her privacy and that most couples do this these days. I just worry that if they split up, those photos will end up on the internet or being spread among his friends. Don't get me wrong, I like her boyfriend and I don't think he'd ever do anything like that, but it still concerns me that these photos of my daughter exist. What do you think?

COLEEN SAYS

I'm with you on this - I don't get it either, but it does seem to be fairly common. At this age, relationships can be quite volatile, but at the moment your daughter doesn't see things going badly and neither does her boyfriend. Hopefully, if they broke up, he'd be a nice enough guy to delete those photos, but it's a risk. We've all seen the stories about photos turning up and affecting job applications or leading to bullying.

However, you can only tell her what you think and then let her make her own decisions and her own mistakes.

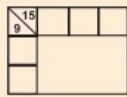
You could also try speaking to both of them and asking if they've thought about the consequences if these photos ever got into the wrong hands.

—Coleen Nolan, Daily Mirror



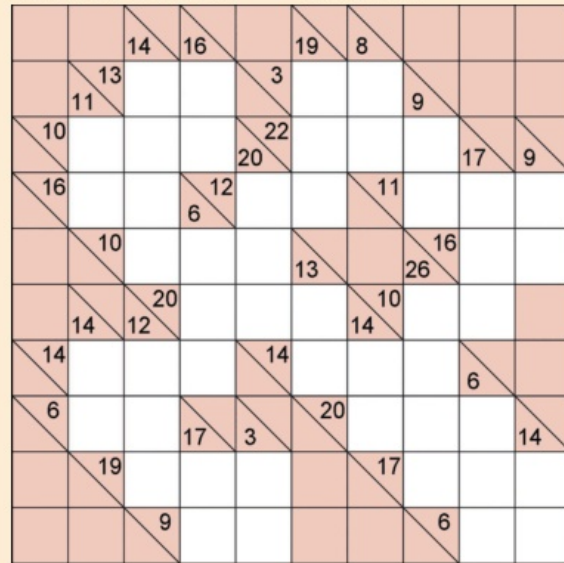
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

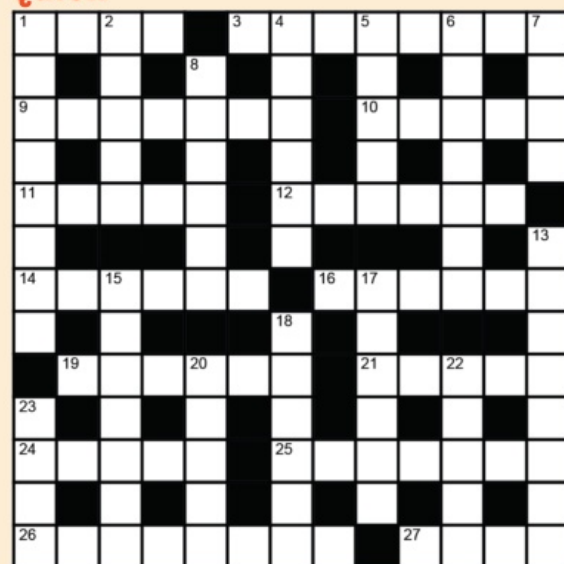


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

- 1 Expense (4)
- 3 Evicting or extruding (8)
- 9 Surpasses; gets the better of (7)
- 10 Blacksmith's block (5)
- 11 Fop (5)
- 12 Corrects text (6)
- 14 Means of entry (6)
- 16 Ancient Indian dynasty (6)
- 19 Of voice, sounding rough (6)
- 21 Unsullied-like that unsullied slate? (5)
- 24 Rise up (5)
- 25 Passageway in the nose (7)
- 26 Graze, scratch (8)
- 27 Lift or elevate (4)

DOWN

- 1 Memorial Hall: Venue for plays and musical performances in Kodandarampura (8)
- 2 Attended or took part as a visitor? (3,2)
- 4 Variety of quartz (6)
- 5 Pursue (5)
- 6 Intruder or encroacher (7)
- 7 Precious metal (4)
- 8 Small growths of mucous membrane (6)
- 13 Metal glove (8)
- 15 Beat very convincingly (7)
- 17 Press charges (6)
- 18 Makeshift shed (4-2)
- 20 Breathing sounds (5)
- 22 Eagle's nest (5)
- 23 Operatic solo (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: I EQUALS G
XQAU GHE QDE TFR GQMMUR
ATCLUE FGQLG ZTY LHR TRXZ
MQELTKUC PZ XQKQRI.



Linemaro

I rate you a 9. Because I am the one you need



Mindchow

It isn't until late in life that you discover how easy it is to say "I don't know."



Joke of the day

What happened when the dog ate garlic? His bark was worse than his bite

Loop

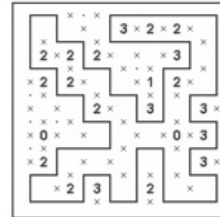
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

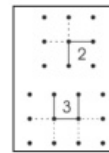
How to begin:

Example (Fig A) - Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

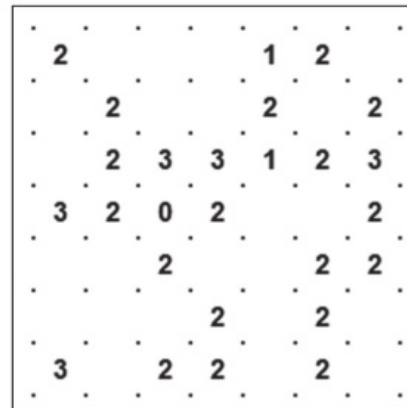
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



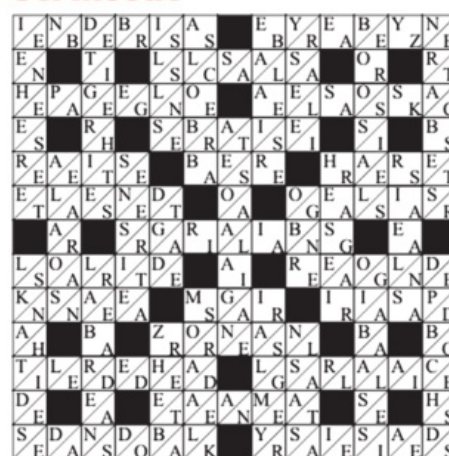
(Fig A)



(Fig B) Not Allowed



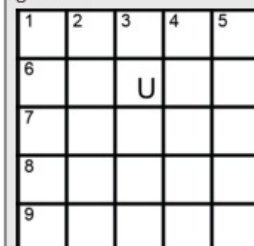
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

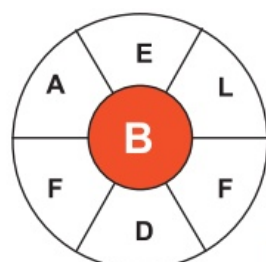
- 1 Acerb; 6 Uli Co;
- 7 Mix ma; 8 Do ere;
- 9 Smite

DOWN

- 1 Comte; 2 I a car;
- 3 Ox Bum; 4 Li Dee;
- 5 Miser

Mensapuzzle

What numbers are represented by A and B?



Bull's eye

How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

10 Average; 11 Good; 13 Outstanding

SudokuChallenge



To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Easy

□ □ □ □ □ = 9

3 4 4 6

Medium

□ □ □ □ □ = 16

1 3 6 6

Hard

□ □ □ □ □ = 3

4 1 7 9

Hocusfocus



Find at least six differences in details between panels.



Differences: 1. Plank is missing; 2. Pencil is moved; 3. Paper is added; 4. Screwdriver is longer; 5. Pan is smaller; 6. Box is missing.

Riddler

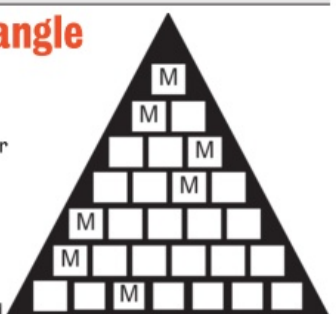
When you behead a word, you remove the first letter and still have a valid word. You will be given clues for the two words, longer word first.

1. Fruit; colour -> Exist; reside; seeing in real time
2. Colourless gas; a form of oxygen -> Area or region
3. Leaving something out -> Special assignment
4. Public speaking -> Daily food allowance

Alpha triangle

- 1 One thousand
- 2 Med Off
- 3 Male feline
- 4 Volume
- 5 Waterlilies, painter
- 6 Instant
- 7 Remark

Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be



made at each step answering to the clue given.

COMICS

Redeye by Mel Casson



Bizarrotrip



Diamond Lil



Hart of the city



Crankshaft



Mutts



WHAT YOUR STARS SAY TODAY

Aries Mar 21 - Apr 20

Today you may be blessed by the moon. You may plan to renovate your office or house. You are advised to spend within your budget; otherwise it may affect your savings. Your straightforwardness may affect your relationship with the loved ones, so it is advised that you think twice before speaking. You may also have teeth, throat, ear, nose related issues.



Leo Jul 24 - Aug 23

Today, you may be busy at work. Your wisdom may help you make the right decision in terms of business growth. You are likely to get a big order, which may help expand your business. You may utilise your creativity to renovate your home or office, which may improve your social status. You may invest some money in creative assets also.



Sagittarius Nov 23 - Dec 22

Today you may feel happy. Chronic health issues related to family members may be sorted. Your money that was stuck somewhere may be recovered now, which may increase liquidity in the business. People who are in jobs may get some incentives which will improve your financial health. Job seekers may get a job with the help of any relative or friend's reference. Students may take some help from their friends in terms of academics.



Taurus Apr 21 - May 20

You may feel happiness and peace of mind. You may work efficiently and your subordinates may cooperate with you to take some important decisions in the business. You may plan to start some new venture with the help of your siblings and network, which may be beneficial in the growth of business. It is advised that you take proper rest to maintain your enthusiasm.



Virgo Aug 24 - Sep 23

You are blessed by the moon; you may face all challenges with patience and so you may enjoy work. You may plan a short work-related trip where you may get help from your siblings and subordinates, which will enhance your social network. Job seekers are advised to use their network to get a suitable job.



Capricorn Dec 23 - Jan 20

Today you are likely to use your creativity to renovate your house or office. Your focus on your goals may be good. Overworking may tire your mind, which can create anxiety, restlessness and stress, which may affect your domestic life. Students are advised to avoid drifting off into thoughts while studying; they are advised to make a proper time table for their studies and follow it by exercising their will power.



Gemini May 21 - Jun 21

Today you may feel detached from the responsibilities that you are given. You also may spend more in buying worthless items, which may increase negativity in the house or office. You are advised to keep an eye on your opponents and rivals; else you may become a victim of conspiracy. It is advised that you read documents carefully before putting your signature.



Libra Sep 24 - Oct 22

Today you may have some health-related issues; lack of sleeplessness makes you arrogant. You are advised to avoid getting into arguments at work and at home to avoid messy situations. You may also be attracted to the occult. You may find yourself in a self-analysis state but somehow your good karma may help you to come out of this messy situation.



Aquarius Jan 21 - Feb 19

Today you may be impatient, which may reflect in your way of working. There may be some silly mistakes, which may tend to keep your project incomplete. It is advisable to postpone investments in fixed assets for some days. But with the help of destiny, you may overcome some messy situations. In the evening, you may be more focused on your work.



Cancer Jun 22 - July 23

Today, you may enjoy your family and professional life. You may be polite with the people around you, which may help in smooth completion of your work. You may find some new sources of earnings, which may boost your savings. You may also plan to renovate your house or office. Professionals in jobs may get promotions.



Scorpio Oct 23 - Nov 22

Today, you may plan to renovate your house. You may buy some artefacts or creative items, which will improve your social status. You may also invest in properties and other assets. You are likely to enjoy romantic moments with your spouse, which will increase emotional relationship with the spouse. Singles may find soul mates. Love birds may make some important decisions in terms of marriage.



Pisces Feb 20 - Mar 20

Today you may hear good news from your sibling. You may spend time with family and friends. With your creativity, you may plan to renovate your house or office. You may start new partnerships with a family member, which will be beneficial in the near future. Your subordinates at the office may help you in a project.



KIDZONE



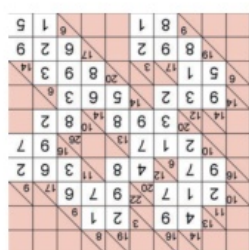
Riya Jain, 7 Years, Delhi Public School (South)



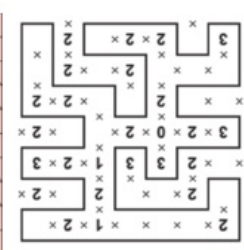
M Ojastaja, 6 Years, Sri Kumaran's Children's Home

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

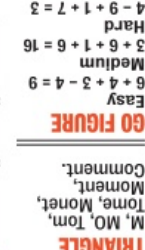
SOLUTIONS



KAKURO



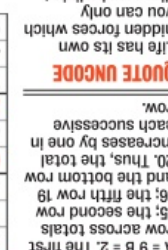
LOOP



ALPHA TRIANGLE



SUDOKU



MENSA PUZZLE



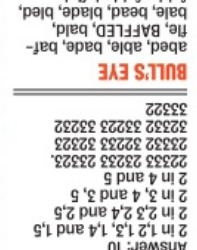
QUICK



STRIKE OUT



RIDDLE



BULLS' EYE

QUOTE UNQUOTE

discover by living
you can only
hidden forces which
Life has its own
each successive
row.
increases by one in
20. Thus, the total
16; the fifth row 19
row across totals
A 9 B = 2. The first

FAST FIVE

1. Olive -> Live,
2. Ozone -> Zone,
3. Omission ->
4. oration -> Ration

BULLS' EYE

Answer: 10
2 in 1, 2, 3, 14 and 15
2 in 2, 3, 4 and 2, 5
2 in 3, 4 and 3, 5
2 in 4 and 5
223333 333233 333233
223333 333233 333233
333233

BULLS' EYE

abed, abde, bade, badf
fie, BAFLEO, baid,
TIE, bead, blade, flab
fable, flabled, flab

Hand in glove

5 celebs who have pulled off the gloved look effortlessly

Gloves are making a comeback with some of the biggest fashion icons sporting them at various public appearances and on red carpets. Nora Fatehi too hopped onto the

trend and dished out a major fashion goal. Let's take a look at a few global celebrities who have effortlessly pulled off the glove look with glam and elegance.



Kylie Jenner

Known for dishing out major fashion goals with perfection, Kylie Jenner once again made heads turn in a black bodycon attire, which she styled with a black shrug, and gloves of the same shade. Subtle makeup, statement earrings, and stone-studded bangles accentuated her whole look. She was a complete vision to behold.

Nora Fatehi

On home turf, it's Nora Fatehi who slayed the look. For her dance reality show, she was recently spotted in a cobalt blue velvet dress with a thigh-high slit and matching gloves that completed the look. She accessorised her attire with stone-studded jewelry. The look gave us some major Audrey Hepburn vibes and Nora Fatehi carried it with grace and confidence.



Kim Kardashian

Kim Kardashian has been synonymous with pulling off bodysuits and gloves, be it during her public appearances or events. The reality star looked stylish in a royal blue ensemble. She accessorised her attire with stone-studded earrings and a neat hair bun tied her whole look together.



Blake Lively

Blake's red carpet looks have always been the internet's favourite. Time and again, her sartorial choices have always grabbed eyeballs. Having said that, at the prestigious Met Gala, Blake made heads turn in an embellished gown with shades of blue, brown, and golden. She also pulled off an epic dress reveal for her arrival on the Met Gala steps, where gala assistants untied the bow of her shimmering rose gold strapless gown to reveal a bright blue-green train underneath. Her rose gold opera gloves also changed to blue-green.

Megan Fox

For the 2022, Billboard Music Awards, Megan Fox made a stunning appearance in an all-black ensemble, sorting the noteworthy glove look. Straight hair and well-defined eyes tied her whole look together. She looked breathtakingly gorgeous walking the aisle with her boyfriend Machine Gun Kelly.



Raj Arun candid about award-winning role

Actor Raj Arun speaks about his short film 'The Miniaturist Of Junagadh' for which he has won the Best Actor Award at IFFSA Toronto 2021. Helmed by Kaushal Oza, the film also stars Naseeruddin Shah and Rasika Duggal. It has released on YouTube.



The story revolves around a Muslim family preparing to migrate to Pakistan. The new house owner Kishorilal (Raj Arun) arrives to take possession of the house and everything in it.

Talking about his character, he says: "I would say nobody intentionally becomes negative but it's their vulnerability, something which binds them to behave in a certain way and doesn't allow them to open their heart. I have seen so many people like Kishorilal in my life who are very reserved."

About working with Naseeruddin Shah he says: "Naseeruddin Sahab is a legend. He shares a comfortable space with his co-stars which helps you to give your best... It was great to observe him performing as well..."

— IANS

Inaaya clicks, mom's the muse

Bollywood actor Soha Ali Khan is on a vacation with her husband actor Kunal Kemmu and their daughter Inaaya Naumi Kemmu, as they channelise their inner 'Tourist' on their London trip.

On Tuesday, the 'Tum Mile' actor shared a series of glimpses from her trip, "Tourists (last picture taken by Inaaya)", she captioned the post.

In the glimpses, Soha could be seen donning an orange-red co-ord set and Inaaya could be spotted sporting all-black attire for the visit. The mother-daughter duo posed for the camera, while standing on a bridge.

The last picture of the post features Soha with a fan, Inaaya showcased her photography skills in this picture.

Fans and friends from the industry were quick to react to the post, Soha's elder sister Saba Ali Khan Pataudi commented, "MY inni Jaan!", Soha's friend Shweta Bachchan commented, "I love her". A fan wrote, "Super Talented kid" in the comment section. — ANI



Memory of Indian roads still makes Sam jittery

Veteran actor Sam Neill, who is set to reprise his character of Dr. Alan Grant in the upcoming sci-fi adventure film 'Jurassic World Dominion', recently shared his experience of visiting India back in the 90s and how driving down the roads of the country still makes him anxious.

For him, "It was an overload time" in India, as he told the press about his experience shooting in the country and how it continues to bring a smile on his face. He



came to India in the 90s to shoot Rudyard Kipling's 'The Jungle Book' (1994). Recollecting his experience, he said that "It was beautiful, but it was too beautiful. It was noisy, but it was too noisy. It was colourful, but it was too colourful. All my senses were overloaded the whole time I was in the country."

With a hearty laugh he said further, "I still get anxious when I think of hurtling down Indian roads in one of those sort of 50s Morris taxis..."

— IANS